

ALL DAY BREAKFAST

Make Your Own Eggs

\$14

Your Choice of Scrambled/Boiled/Omelette served with Grilled Halloumi, Roasted Cherry Tomatoes, Sauteed Mushrooms & Sourdough Toast (95 KCAL)

Scrambled
400 KCAL
25G Protein

2 Boiled Eggs
240 KCAL
19G Protein

Omelette
410 KCAL
25G Protein

Collagen Cuddle 🌱 🥛 🌿 395 KCAL / 15G Protein

\$10

Chia Seeds Special Mix, Collagen Powder topped with Bananas, Strawberries and Coconut Slices.

Snix 'n' Snooze 🌱 🥛 🌿 430 KCAL / 25G Protein

\$10

Oat Mix, Almonds, Walnuts and Vanilla Protein Powder topped with Bananas, Strawberries, PB and Chocolate Flakes

Holy Berry 🌱 🥛 🌿 440 KCAL / 25G Protein

\$10

Oat Mix, Vanilla Protein Powder topped with Strawberries/Raspberries, Blueberries, Almond Butter and Coconut Slices.

Greek Peak 🌱 235 KCAL / 16G Protein

\$8

Greek Yogurt topped with Blueberries, Strawberries, Granola Chunks and Honey.

Blue Bullet 🌱 180 KCAL / 9G Protein

\$11

Greek Yogurt mixed with Blue Spirulina topped with Bananas, Raspberries, Blueberries, Coconut Slices and Chia Seeds

Carrot Cloud Cake 🌱 412 KCAL / 15G Protein

\$10

Mixed Oats, Cinnamon, Honey, Carrots, Chia Seeds, Coconut, Walnuts, Almond Milk, Greek Yogurt.

DIPS

Spicy Smash-Up Guac 860 KCAL (Choice of 🌱 Crackers)

\$12

Avocado Mix, Chia Seeds, Red Chili Pepper and Micro Greens Served with Cajun Crackers.

Firecracker Feta Dip 908 KCAL (Choice of 🌱 Crackers)

\$12

Muhammara Mix, Walnuts, Pomegranate Seeds, Feta Cheese and Micro Greens Served with Olive Crackers.

WAKE UP

Your drink, your rules. Choose your milk. Pick your temperature.

Doppio	\$4	French Press	\$4	<div>MILK</div>	Full fat (large)	\$1
Cafe Latte	\$4	Drip Coffee V60	\$4		Skimmed milk (large)	\$1
Cappuccino	\$4	Chemex	\$4		Coconut milk (regular/large)	\$3.5
Cortado	\$4	Mocha	\$4		Oat milk (regular/large)	\$3.5
Flat White	\$4	Tangy Cold Brew	\$5		Almond milk (regular/large)	\$3.5
Spanish Latte	\$6	Frosty Mocha	\$7			
Americano	\$4	Frosty Vanilla	\$7			

PHEW-L BAR

<div>Jump Off ☿ ☾ 🌿 450 KCAL / 23G Protein</div> <div>PB, Banana, Chocolate Protein Powder, and Oat Milk</div>	\$12	<div>Green Emerald ☿ ☾ 🌿 215 KCAL / 16G Protein</div> <div>Apple, Spinach, Ginger, Banana, Mango, Vanilla Protein Powder, and Almond Milk.</div>	\$11
<div>Berry Blush ☿ ☾ 🌿 305 KCAL / 16G Protein</div> <div>Berries, Banana, Dates, Vanilla Protein Powder and Almond Milk.</div>	\$13	<div>Refresh Me ☿ ☾ 🌿 290 KCAL / 16 G Protein</div> <div>Strawberries, Basil, Dates, Banana, Vanilla Protein Powder, and Orange Juice.</div>	\$12
<div>Berry-Banana Bliss ☿ ☾ 🌿 415 KCAL / 16G Protein</div> <div>Blackberries, Banana, Almond Butter, Vanilla Protein Powder, and Almond Milk.</div>	\$13	<div>Mango Hell ☿ ☾ 🌿 245 KCAL / 16 G Protein</div> <div>Mango, Strawberries, Dates, Chia Seeds, Vanilla Protein Powder, and Almond Milk.</div>	\$12
<div>Savage Beast ☿ ☾ 🌿 555 KCAL 26G Protein</div> <div>Banana, Dates, Mixed Nuts, Almond Butter Vanilla Protein Powder, and Almond Milk.</div>	\$13	<div>Green Wanda ☿ ☾ 🌿 380 KCAL / 20G Protein</div> <div>Avocado, Baby Spinach, Dates, Vanilla Protein Powder, and Almond Milk.</div>	\$14
<div>Health Kick ☿ ☾ 🌿 395 KCAL / 15G Protein</div> <div>Rolled Oats, Almond Butter, Banana, Heaped Apricots, Ashwagandha & Maca Powder, Cinnamon and Almond Milk.</div>	\$12	<div>Berry Burst ☿ 288 KCAL 22G Protein</div> <div>Greek Yogurt, Avocado, Frozen Berries, Vanilla Protein Powder, and Orange Juice.</div>	\$14

FRESHLY SQUEEZED

<div>Orange Juice 180 KCAL</div>	\$5		
<div>Sunshine Juice 143 KCAL</div> <div>Orange, Carrot, Ginger, and Turmeric.</div>	\$7	<div>Turmeric Volcano Shot 28 KCAL</div> <div>Lemon, Orange, Ginger, Turmeric, Chili Flakes, and Honey</div>	\$3
<div>Green Juice 145 KCAL</div> <div>Celery, Lemon, Apple, and Ginger</div>	\$7		
<div>Black Lemonade 65 KCAL</div> <div>Lemon, Basil, Charcoal Powder, and Honey</div>	7\$	<div>Evergreen Shot 22 KCAL</div> <div>Lemon, Ginger, Celery, and Blue Spirulina</div>	\$3

COOL DOWN

(Iced option available for all)

Charcoal Latte	\$5	Pink Matcha	\$6	Rose Latte	\$4
Matcha Latte	\$5	Turmeric Latte	\$4	Hot Chocolate	\$6
Chai Latte	\$5	Tea Selection	\$4		

